

Happy
Valentine's Day

Bay Seniors
NEWSLETTER



IN THIS EDITION

Queen's Medal for
community stalwarts

Grampy Tom's clock
chimes for first time

Visit art show and get
inspired to write

You share your thoughts
on love

This month we are giving pride-of-place to a short story submitted by one of our members. By doing this, we're hoping to encourage other budding writers to share their own stories in the Winter in the Bay writing contest (see page 2) or as a Member's Story for our newsletter.

Grampy Tom and Little Gay's favourite clock chimes at last

By Rita Jenkins

My story begins on May 29, 1861, my grandparents' wedding day. My grandmother, Adelia Davis, whom we grandchildren would affectionately call Little Gay, married my grandfather, Thomas Wilbert Bower, at Lower Ohio, Shelburne County.

Grampy Tom's parents, Thomas and Isabella, proudly presented the happy couple with a beautiful mantel clock. Money was tight, and they must have saved for a long time to be able to buy it.

The happy couple placed the clock on the mantel in their living room: a place of honour.

They tried again and again to get the clock to work. They took the key and carefully wound the clock, but it just wouldn't work. So the clock became an ornament!

In 1969, I became engaged to my first husband and Grandma Little Gay presented me with the clock as an engagement present.

She told me I should always treasure it, because it was a precious gift and someone someday might be able to make it

Continued on Page 2



Grampy Tom and Little Gay (above) and the mantel clock that was brought back to life by his granddaughter after 159 years.



I wish Grampy could hear his old clock chime after so long

Continued from Page 1

work.

For 13 years, it sat proudly on the mantel in our living room.

When I remarried, I took my family heirloom with me.

However, my new husband would not let me display it on our mantel, saying, "If it doesn't work, put it somewhere else!"

So I put it away.

After his death in September 2020, friends from the Bridgewater area, Wayne and Muriel Hiltz, came to visit.

Wayne mentioned that he repairs clocks. I showed him my family heirloom clock and he said he would try to get it going for me.

About two weeks later, he called to tell me he had repaired my clock!

He carefully cleaned it, took it apart, and discovered that the key needed to be adjusted.

Perhaps my grandparents were given the wrong key.

I was over the moon, to say the least.

It took 159 years for this beautiful clock to be given life.

It chimes once on the half hour and sounds the time on the hour. It has a beautiful delicate sound that I wish my grandparents could hear.



Artist and Bay Seniors member Paula Fredericks submitted this entry in Winter in the Bay 2023: Coming Home. The piece is called 'Small and Scattered.'

Enjoy the art, get inspired, write a story

Art to inspire writers for the annual Winter in the Bay art exhibit and writing contest can now be seen in person at the Community Enterprise Centre, weekdays, 9am-4pm, and online on the event's Facebook page, <https://www.facebook.com/WinterintheBay>.

Participants in the writing contest should choose one piece of art in the show to inspire or illustrate their submission.

The deadline for nonfiction short essays (max. 350 words) is Friday, February 17. The deadline for short fiction (max. 2,500 words) is Friday, March 10. For full contest details, visit the Winter in the Bay Facebook page.

In its first two years, the Bay Seniors membership has supported Winter in the Bay by participating as artists, writers, coordinators, judges, and prize donors.

Bay Seniors member support is already off to a great start, with one-third of this year's art entries coming from members of Bay Seniors. Now organizers are hoping to see lots of nonfiction essays and short stories from our membership.

Monthly Meeting

Why we all need to know about oral health

Save the date: Thursday, February 16, 2-4pm, is our next Monthly Members' Meeting at the St. Margaret Sailing Club in Glen Haven.

At our February Monthly Member's Meeting, Rebecca Affoo will share information about the importance of oral health as we age.

For example, did you know that oral health can affect our speech and swallowing functions?

Rebecca is a clinically certified speech-language pathologist, an assistant professor at Dalhousie University in the School of Communication Sciences and Disorders, Faculty of Health, and is cross-appointed in the School of Dental Hygiene, Faculty of Dentistry.

Membership renewal

If you have not yet renewed your Bay Seniors annual membership, you're welcome to do so at the door.

As always, you're also invited to bring a non-perishable food item for the St. Margaret's Bay Food Bank.

Join us for our Annual General Meeting

The Annual General Meeting of the Seniors Association of St. Margaret's Bay will take place immediately before the regular Monthly Members' Meeting on Thursday, March 16, 2-4pm, at the St. Margaret Sailing Club. All current members are eligible to vote at the AGM.



There were nervous chuckles as Louisa Horne made light of our tendency to hang onto stuff - "the museum of you" - in part passed down from previous generations.

Monthly Meeting

Members learn 'Five Ds of Decluttering'

By Heather White

More than 60 people came out to hear Louisa Horne's talk - 'Lighten Up, The Urge to Purge' - at our January 19 meeting. Louisa, founder of Epilog, a company that offers services to help seniors with such challenges as downsizing and end-of-life support, offered 'Five Ds of Decluttering.'

- 1. Deliberate.** Intentionally and purposefully re-home to keep items out of a landfill; preserve family history; avoid burdening someone else with having to do it; simplify; avoid storage fees.
- 2. Discover** things that you can let go. Do I use it or need it? Does it have special meaning to me? Do I love it? Is it beautiful?
- 3. Decide.** Put a plan in place; do a little bit at a time (Louisa said 15 minutes a day makes a big difference). Don't wait until there's a crisis, and someone else may have to choose for you.
- 4. Divest.** You probably won't get the value you think you should if you sell. Also, selling takes time. If you decide to sell, consider Facebook Marketplace, Kijiji, and a yard sale. Research collectors and antique dealers. Find out city curbside giveaway dates.
- 5. Document.** Track and celebrate your accomplishments. Take photos. Make a video or lists.

Why is it so hard to let stuff go?

- Guilt (somebody gave it to you).
- Sentimental value.
- Fear that you might need it someday.
- It was expensive.
- Inertia/procrastination.
- Fantasy...clothes (but they're three sizes too small), items for elaborate dinner parties (except, you prefer to eat alone).

How Bay Seniors can help out with home repairs

Submitted by the Home Maintenance Program team

The Bay Seniors Home Maintenance Program continues to offer its full slate of five components.

In this newsletter, we're sharing more information about Component 1.

It begins with two Bay Seniors volunteers offering to help other members who can no longer carry out some of their minor home repairs, but wish to continue living in their own home.

If you need help with such repairs, you can email HomeMaintenance@bayseniors.ca or phone the Bay Seniors office at 902-820-3334 and leave a message.

Next, a Bay Seniors volunteer will set up an interview to see what repairs need to be done and identify the right repairs volunteer.

The homeowner receiving the help is expected to pay for the materials and any related out-of-pocket costs. If the homeowner has a low income, they may be able to receive financial assistance to a maximum of \$300 in materials costs from Bay Seniors.

If the job that needs to be done is not a good fit for available volunteers, and the homeowner has funds to pay to have the



work completed, the homeowner will be provided with names from the Bay Seniors Casual Labour list or the Home Maintenance Directory.

Repairs volunteers are expected to have the necessary skill and tools to complete the required task and all volunteers will have had a Police Check – Vulnerable Sector done.

This program is a members-only service. For security and insurance purposes, both the homeowner receiving assistance and the repairs volunteers must be Bay Seniors members.

Members who wish to volunteer to help another member are invited to email HomeMaintenance@bayseniors.ca or phone the Seniors office at 902-820-3334 (leave a message).

Community stalwarts honoured

January 14 was a special day, as Fred Dolbel and Chris Pelham were presented, in recognition of their outstanding community service, with Queen Elizabeth II Platinum Jubilee Medals by MLA Danielle Barkhouse.

Pictured, left to right, are Fred and Betty Dolbel, Danielle Barkhouse, Suzanne and Chris Pelham. For more information about the Jubilee medal program, visit <https://lt.gov.ns.ca/platinum-jubilee-medal>.

The medal was created to mark the 70th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne.

Support the food bank with jewellery donations

The Bay Seniors jewellery team is working on a refresh of the successful fund-raiser for the SMB Food Bank. The team is still looking for donations of pre-1980 vintage pieces, sterling silver items, and current artisan-made jewellery. Drop donations at the Community Enterprise Centre, 9am-4pm.

Reader Round-Up: Thinking about love for Valentine's Day



Nancy LaPaix:

My husband has always been an avid outdoor enthusiast. For our first date, he invited me to go for a walk through a beautiful forest on a lovely autumn Sunday afternoon.

Little did I know it would be an intense search for deer droppings! I learned a lot on that date – about wildlife. And 36 years later, I am still learning about Tony!

Bill MacDonald:

Three years ago, my wife Jan and I bought a generator in February. I joked that it was her Valentine's Day present. She laughed and said it wasn't very romantic, but the next time we had a power failure, it was surely going to be the best present ever.



Becky Weickert:

My husband and I celebrated our 56th anniversary last month. We met in high school at the bus stop.

Our first date was going roller-skating at the rink, and then to the local radio station to take song dedications for the night DJ. A little different date than now...but it must have worked, as here we are!

Betty Learning:

I had a pile of cards my husband and I had given each other for special occasions over the years. One day, I sorted them and picked a few favourites, then threw out the rest. Now, instead of buying new cards for each other on birthdays, for example, we pick one from those beautiful cards from the past...still as meaningful.

Esmé Malanchuk:

My two little grandsons are now the loves of my life.



March's Reader Round-up question: What's your best 'urge to purge' tip?

The March Reader Round-up theme was suggested by Betty Learning, who was inspired to share her tip this month about culling her collection of special-occasion cards after Louisa Horne's de-cluttering presentation at our January Monthly Members' Meeting.

Betty says there were great ideas shared in Louisa's presentation, "but I am sure there are many more."

Send your favourite specific tip for downsizing your stuff to sharon@bayseniors.ca by February 23.

Drop-in Program cookie decorating workshop

*Flowers are so very
pretty,
And chocolates are so
very nice,
But why not treat your
Valentine,
To treats you bedecked
and iced?*

There are still a few spots left in our Valentine's Day cookie-decorating workshop, taking place Tuesday, February 14, 10am-noon, at the Drop-in Program at the Black Point & Area Community Centre.

This workshop is free for Bay Seniors members, and all supplies will be provided.

Come join Lynn Whyte and



other Bay Seniors members for a fun morning decorating cookies.

Offer a sweet Valentine's Day treat to a friend, family member or sweetheart...or treat yourself.

Pre-registration is required.

Email dropin@bayseniors.ca or call our Info Centre at 902-820-3334.

Drop-In Program update



Submitted by the Drop-In Program team

Each week during January, the Drop-in Program featured a different game from 10am to noon, as well as a chance for those interested in pickleball to learn more about the sport before the regular pickleball session from 1-3pm.

As our photos show, the Drop-in Program was a great way to chase away the January doldrums. Clockwise, from left:

- **Nancy Henwood-Regan** doing a Pictionary drawing;
- **the pickleball gang** (l - r) Mike Maher, Cindy Skerry, Neil Olderive, Al Blondin, Marie Nemeth, Doug Purchase, Sally Langille;
- **the dominoes players** (r - l) Carl Breckenridge, Tom Lowe, Brian Wilmshurst, Janet O'Brien, Robyn Thompson, Michael O'Brien, Nancy Henwood-Regan, Rita Jenkins.

The program continues each Tuesday at the Black Point & Area Community Centre, 8579 St. Margaret's Bay Road.

Join us for regular activities like rug-hooking, cribbage, knitting, indoor lap-walking, and more, as well as special activities like our February 14 cookie-decorating workshop (see story at left).

Established in 2009, the Seniors Association of St. Margaret's Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to promote and participate in the development of wellness living for seniors; to research and represent the interests of seniors living in the greater St. Margaret's Bay area; and to provide housing and accommodation options for seniors. For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R5. It's open 10 am - 2 pm on Tuesdays and Thursdays.